

ABSTRACT OF THE DISCLOSURE

2 A composition and method for facilitating weight loss and
3 aiding in the maintenance of a stable weight in humans, wherein
4 a preferred embodiment of the chemical composition comprises a
5 mixture of psyllium husks generally in an amount of between 72%
6 and 88% by weight of the total chemical composition, natural
7 marine shellfish extract, such as a high density chitosan
8 generally in an amount of between 9% and 11% by weight, acacia
9 generally in an amount of between 4.5% and 5.5% by weight, an
10 amount of apple pectin generally in an amount of between 1.4%
11 and 2.2% by weight of the total chemical composition, ascorbic
12 acid (Vitamin C) generally in an amount of between 1.8% and 2.2%
13 by weight. An excipient may also be included generally in an
14 amount of about 1% by weight of the total chemical composition.
15 The method includes having a person ingest one or more unit
16 dosages of the foregoing chemical composition with generally
17 about eight ounces of water prior to a meal.